

TABLE S3 Compositions of B vitamins supplemented to the blood meal for nutritional experiments.

Compound name	Vitamin name	Final concentration ¹	Treatment group				
			Vb-	Vb+	ΔR	RB	RBT
Thiamine	Vitamin B1	100 µg/ml	–	+	+	–	+
Riboflavin	Vitamin B2	20 µg/ml	–	+	–	+	+
Nicotinate	Vitamin B3	100 µg/ml	–	+	+	–	–
Pantothenate	Vitamin B5	100 µg/ml	–	+	+	–	–
Pyridoxine	Vitamin B6	100 µg/ml	–	+	+	–	–
Biotin	Vitamin B7	1 µg/ml	–	+	+	+	+
Folate	Vitamin B9	30 µg/ml	–	+	+	–	–
Cyanocobalamin	Vitamin B12	1 µg/ml	–	+	+	–	–
Choline chloride	–	185 µg/ml	–	+	+	–	–
Myo-inositol	–	118 µg/ml	–	+	+	–	–

¹Basic composition is according to Lake and Friend (61).